

INBA & ROTARY CLUB

Presents

Webinar on

Managing Stress & Mental Well Being in the New Normal

Host Speaker:

Kaviraj Singh

(Founder & Secretary General, INBA)

Guest Speaker:

Divya Mohindroo Kashyap

(Co-Founder, Embrace Imperfections)

Divya Mohindroo Kashyap

(Counselling Psychologist, Co-founder Embrace Imperfections)

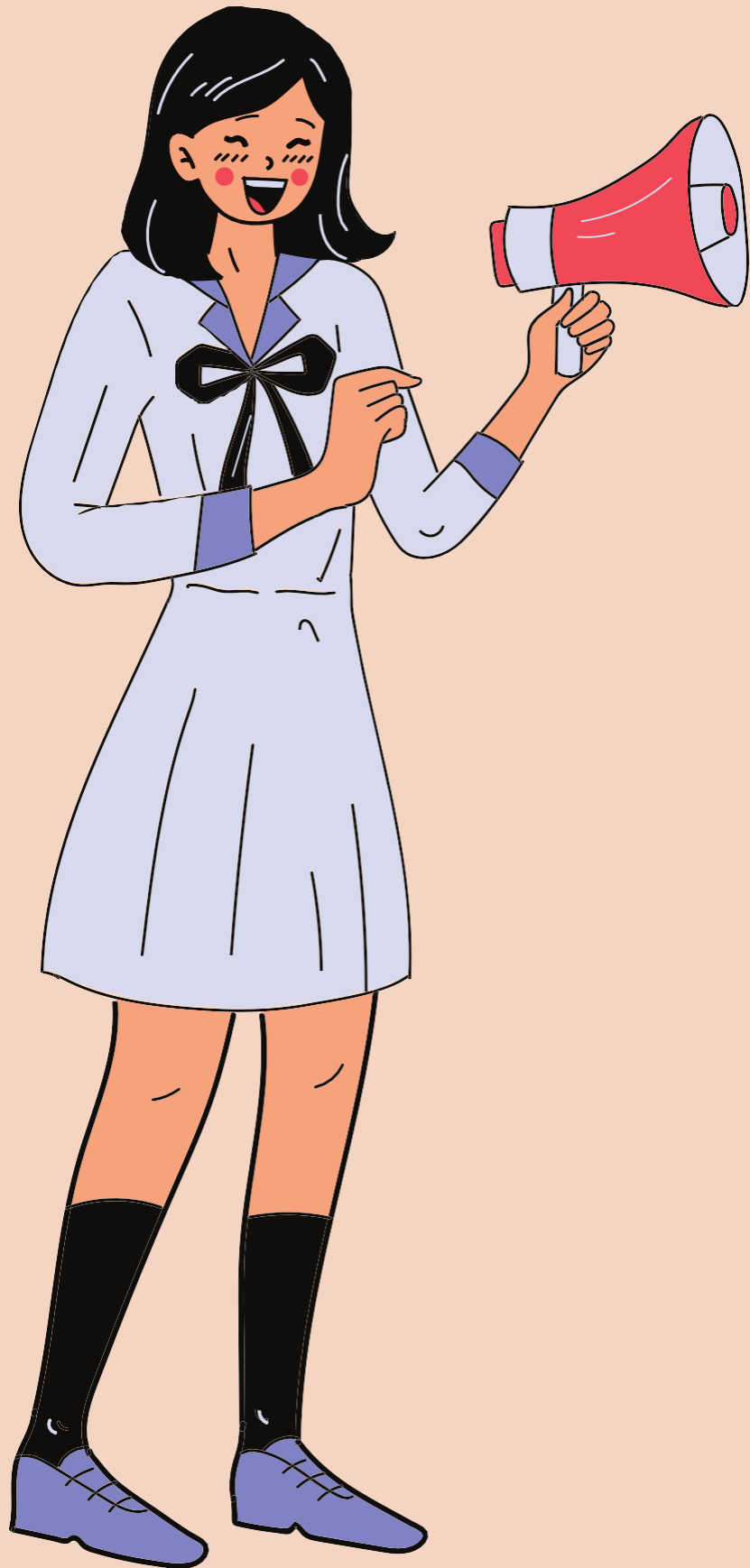
Divya Mohindroo Kashyap, M.A. Counselling Psychology (Amity Institute of Psychology and Allied Sciences). B.A. Psychology Honours (Jesus and Mary college, University of Delhi). Specialisation in Community and Educational Psychology. Specialisation in Early Education in Montessori Method. Member of American Psychological Association.



Embrace Imperfections

Embrace Imperfections is a mental health organisation by Divya Mohindroo Kashyap and Shanky Kumar. Embrace Imperfection's mission is "to raise awareness, promote advocacy against social stigma, empower individuals and encourage better education regarding mental health issues."





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Reasons covid is triggering mental health issues :-

- 1) Fear for loved ones lives
- 2) Decreased financial and job security
- 3) Loss of momentum in business or career
- 4) Loneliness
- 5) Increased health anxiety
- 6) Social withdrawal
- 7) Mindset switch from living to survival
- 8) Cancellation of trips and celebrations
- 9) Loss of personal freedom
- 10) Lack of stability





Symptoms you may experience during a global crisis

- 1) Fatigue
- 2) Trouble sleeping
- 3) Trouble relaxing
- 4) Feeling disconnected
- 5) Feeling overwhelmed
- 6) Physical symptoms like upset stomach, rapid heartbeat
- 7) Irritability
- 8) Low mood
- 9) Restlessness
- 10) Trouble focusing

Symptoms when mental health is significantly disturbed :-

- 1) Lack of interest in daily functioning
- 2) Self harm
- 3) Suicidal thoughts
- 4) Increased use of substances
- 5) Inability to sleep for few days
- 6) Prolonged isolation by choice
- 7) No daily self-care
- 8) Unusual behaviour
- 9) Ignoring responsibilities for long
- 10) No improvement in physical symptoms

~~I AM STUCK AT HOME.~~

I AM HEALING AT HOME.

I AM CRYING AT HOME.

I AM READING AT HOME.

I AM WORKING AT HOME.

I AM RESTING AT HOME.

I AM STAYING AT HOME.

I AM PAINTING AT HOME.

I AM WRITING AT HOME.

I AM DANCING AT HOME.

I AM BREATHING AT HOME.

I AM GRATEFUL TO BE AT HOME.

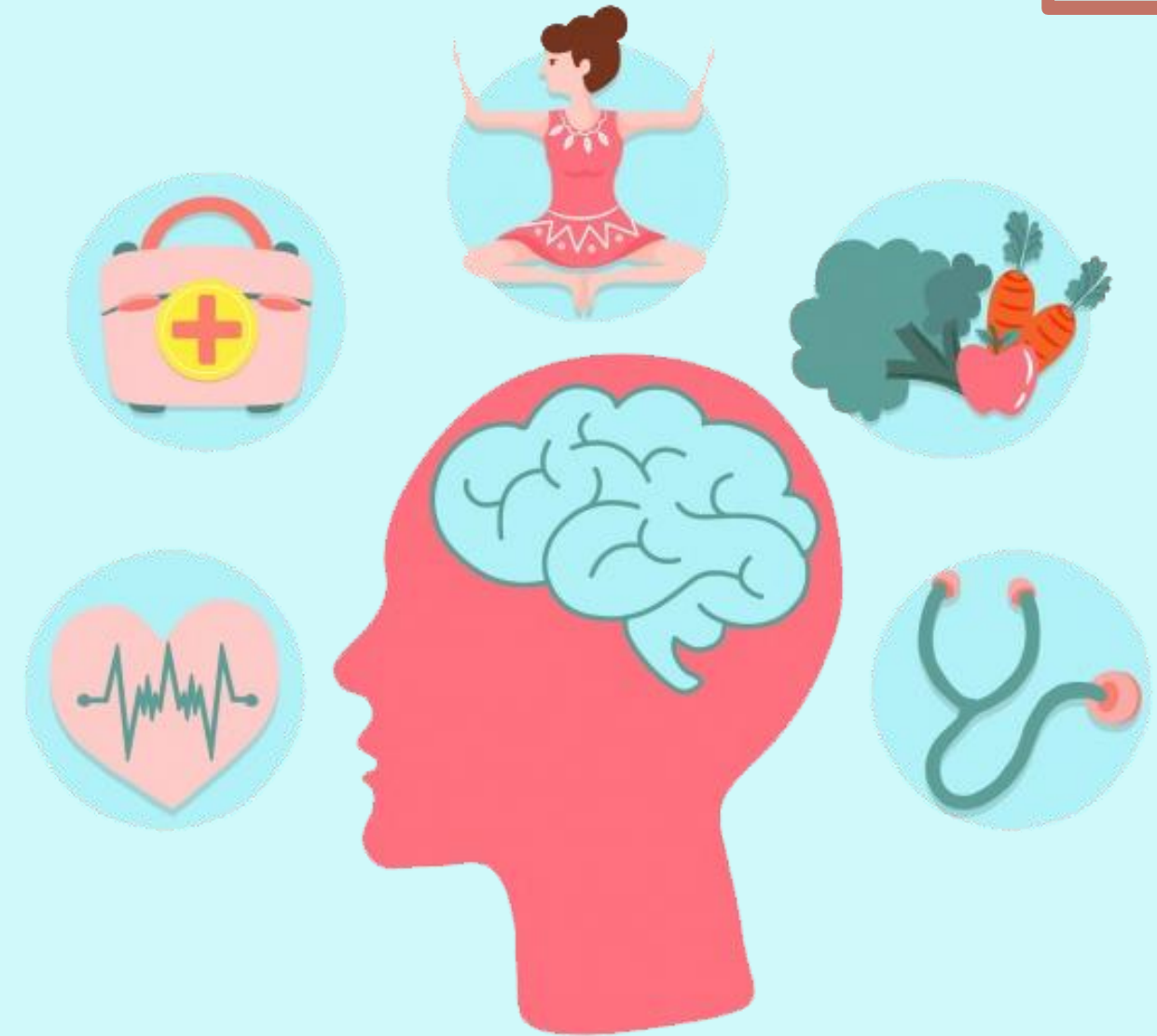
Coping physically in pandemic :-

- 1) Create a zen zone in your house it can be a small corner anywhere which you have created as a no pressure zone where you centre yourself to breathe, journal meditate.
- 2) Communicate when you need space.
- 3) Set boundaries around physical touch protecting your health.



Coping mentally during pandemic crisis :-

- 1) Set a 15minute “worry window“.
- 2) Journal your worries in a notebook during that time.
- 3) Work on the stories you are telling your self, promote black and white thinking .
- 4) Set boundaries on the conversation you have.



Coping with material during pandemic crisis :-

- 1) Create a budget and stick to it.
- 2) Purchase only what you need.
- 3) Give only when you can without expecting in return.
- 4) Opt out totally from giving delete emails regarding money etc.



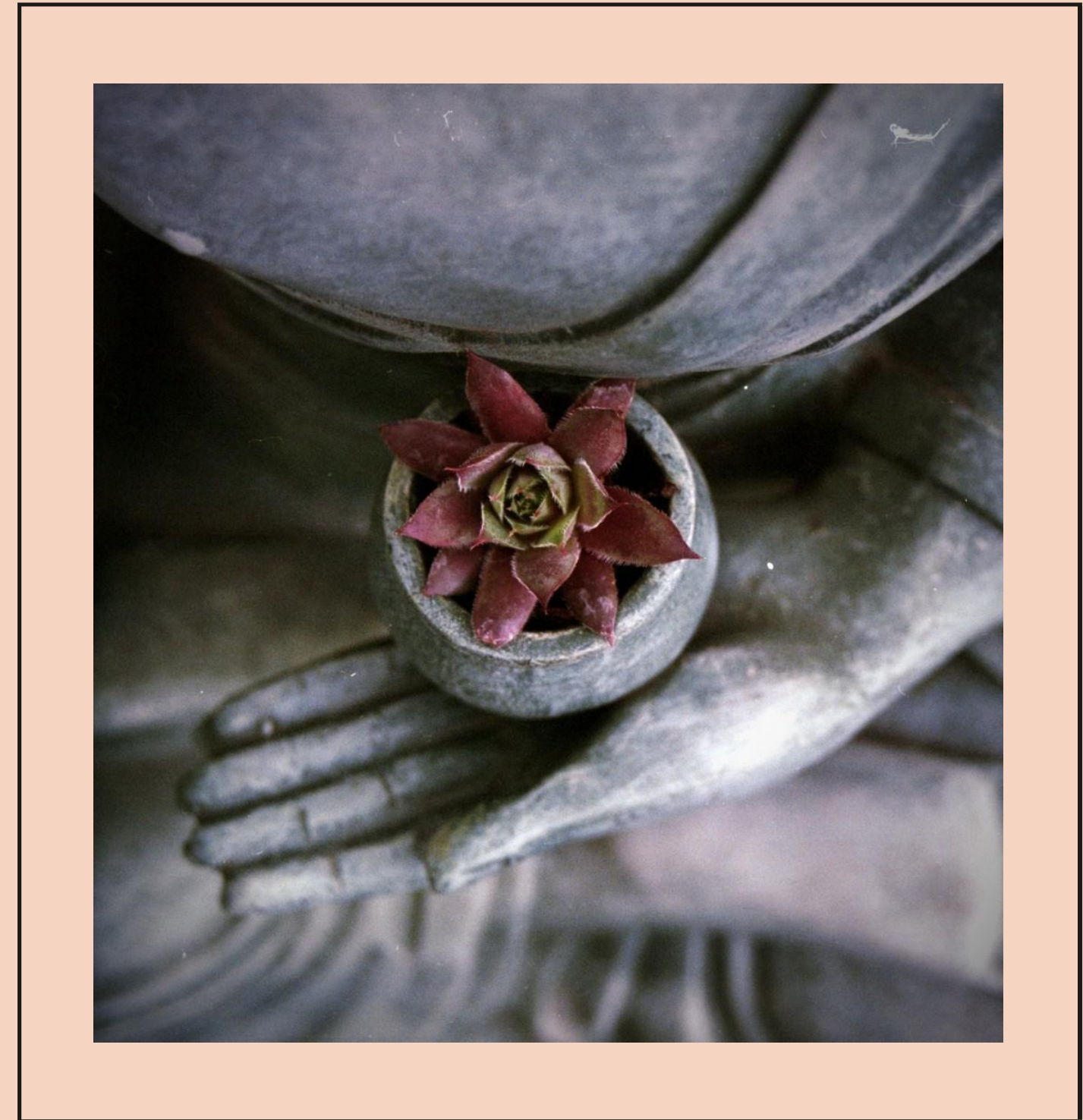


Coping emotionally during pandemic crisis :-

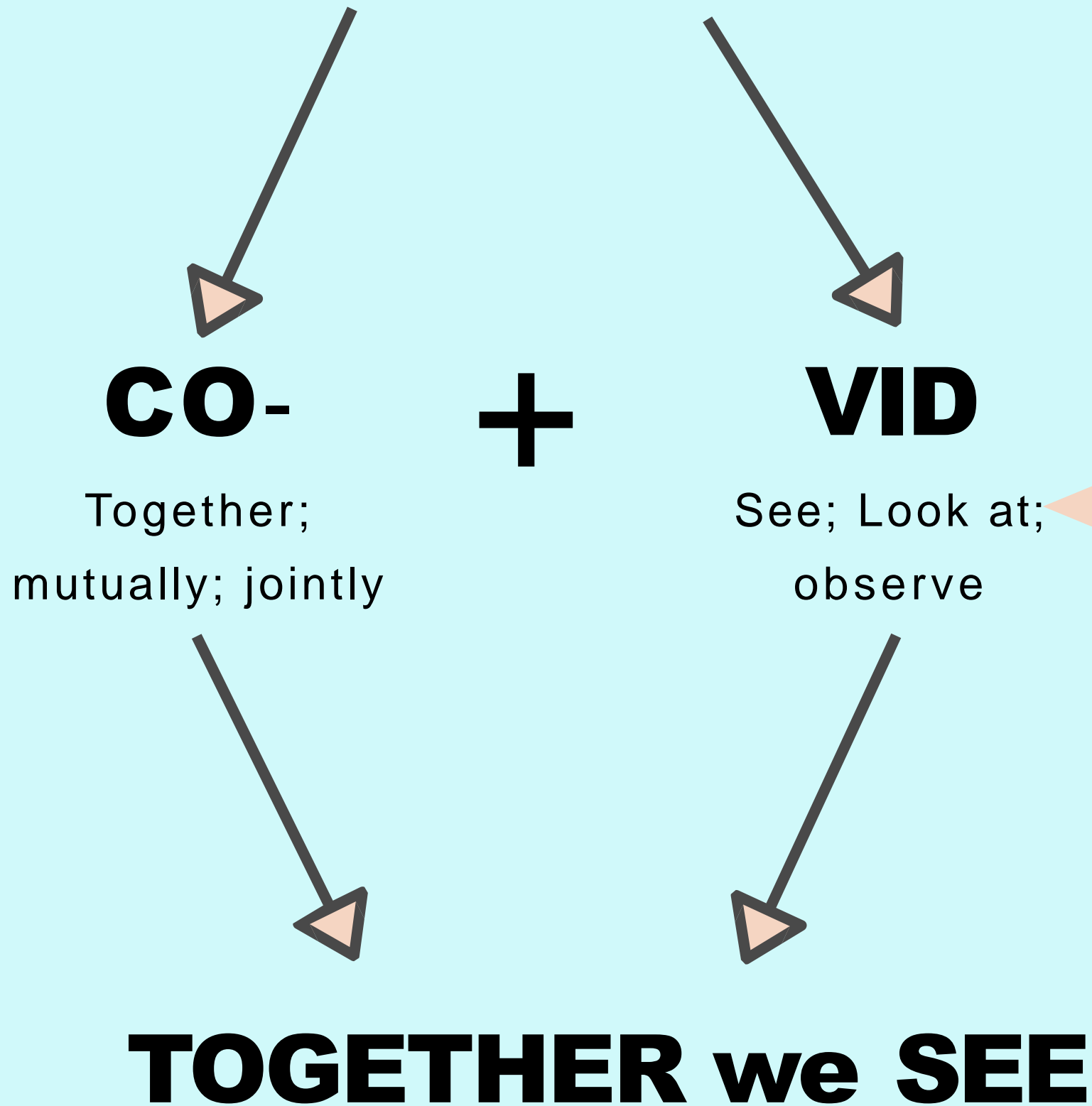
- 1) Remember everyone reacts differently emotionally.
- 2) Validate your emotions (“it makes sense how I am feeling right now, it’s because of so much going on”).
- 3) Tell yourself other people are responsible for their own emotions (I know you are struggling right now I still want you to treat me with respect).

Coping spiritually during pandemic crisis :-

- 1) See if being in connect with a higher power is helpful for you right now and how you can get in touch with it.
- 2) If people are trying to force their view on you tell them thank you for sharing but this isn't helpful for me right now.



COVID



Ways to self care during Covid:- Soothe

- 1) Deep belly breathing
- 2) Grounding technique:-
 - Take a deep breath.
- 3) Look around the room and name :-
 - a) 5 things you see
 - b) 4 things you touch
 - c) 3 things you hear
 - d) 2 things you smell
 - e) 1 thing you taste.
- 4) Prayer
- 5) Calming music and sounds
- 6) Singing and laughter
- 7) Guided imagery

Control :- focus on things you can control

1) Wash your hands regularly

2) Hydrate well it will boost your mood and reduce stiffness and soreness

3) Eat well limit your caffeine and sugar intake, comfort foods will boost your mood like a cup of chamomile tea or a piece of dark chocolate

4) Nourish

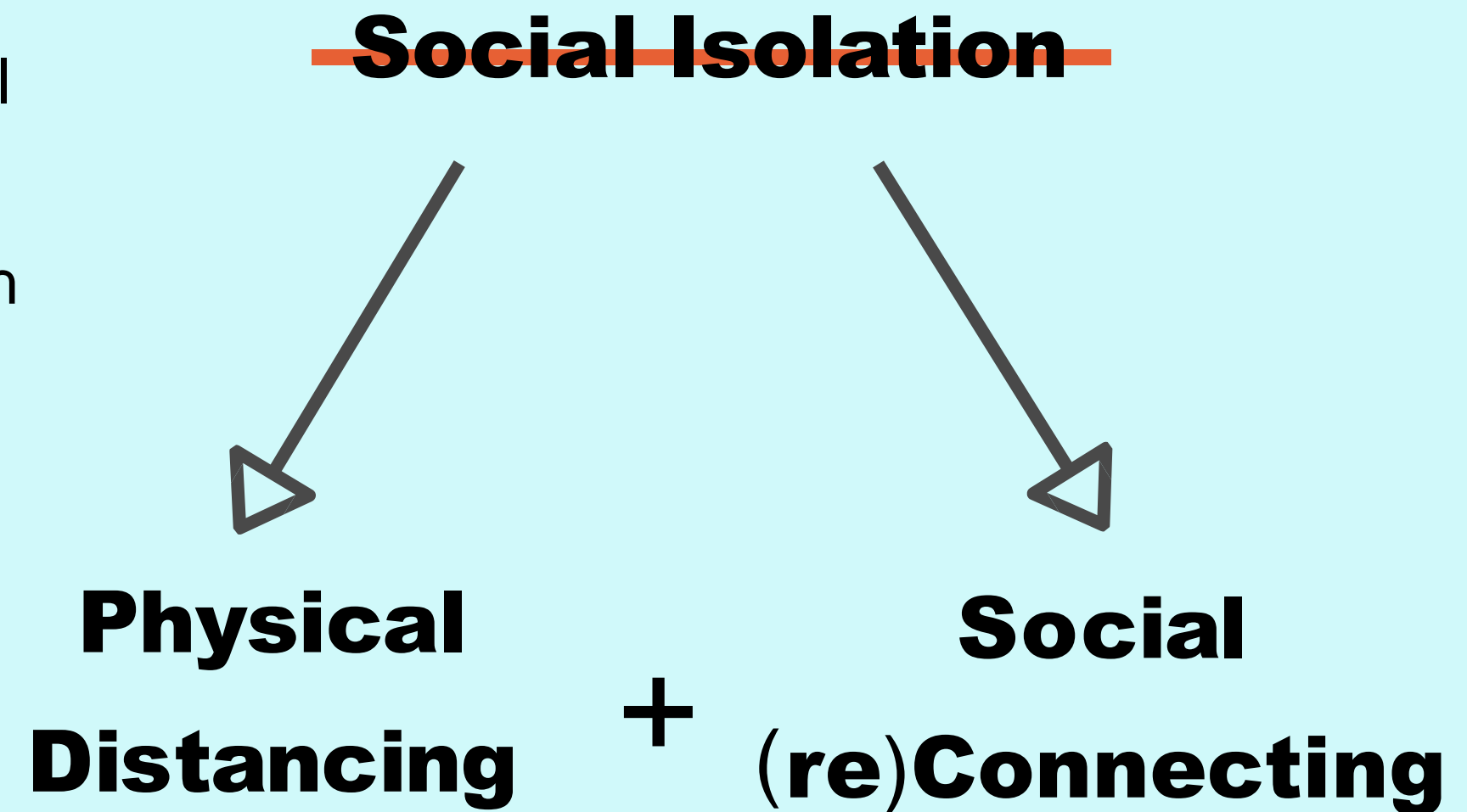
5) Contact HR regarding work policies

6) Adjust finances



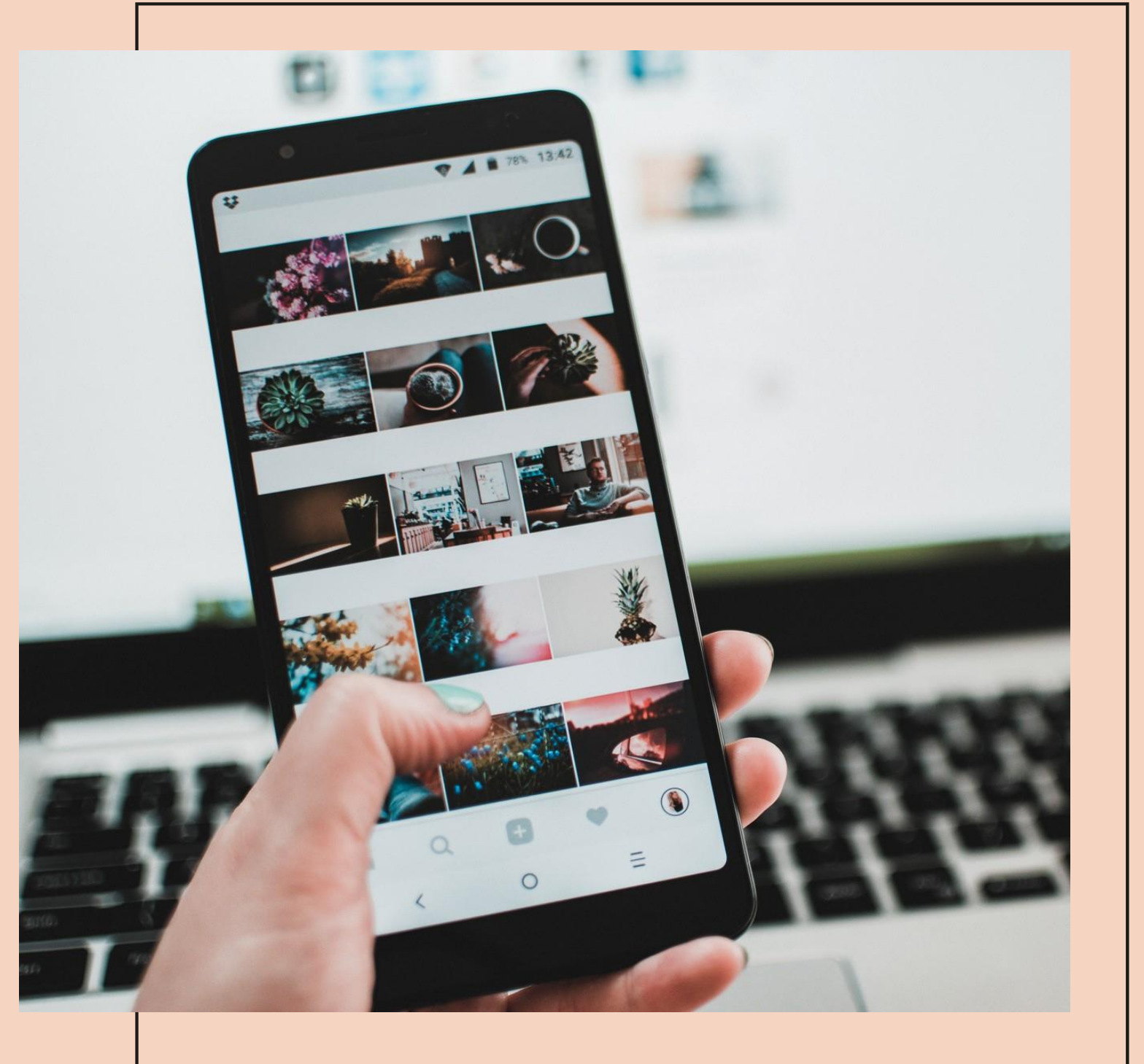
Connect :- isolation is detrimental to our health

- 1) Connect with loved ones reach out for emotional support.
- 2) Socialise virtually like watch a movie through Netflix party or do a coffee date on zoom
- 3) Do virtual therapy if you need through WhatsApp video or house of self
- 4) Revisit albums
- 5) Eat together
- 6) Ramayana family time/ childhood memory game



Inform :-

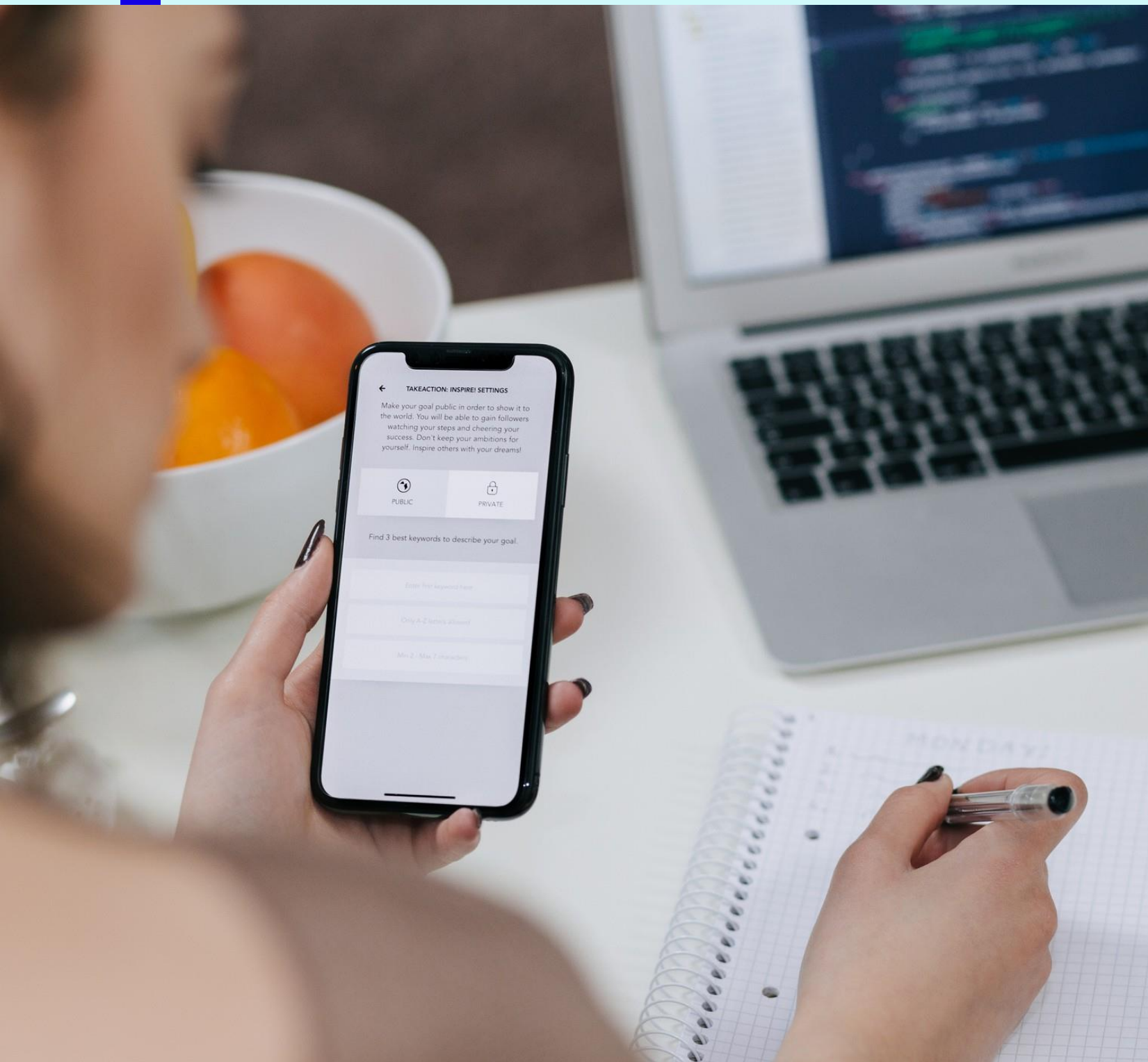
- 1) Limit excessive exposure to social media
- 2) Inform yourself without getting overwhelmed
- 3) Set boundaries with time on news and people who are sharing with you
- 4) Read trusted sources who follow science and less opinion
- 5) Avoid devices when you wake up and when you sleep





Honor and distract :-

- 1) Acknowledge your fear and anxiety
- 2) Find ways to actively divert your attention eg:- puzzle, read, craft
- 3) Move your body -meditate or do yoga regularly at early hours of the day
- 4) Practice gratitude daily - write bad things which didn't happen to you, take photos of things you love, smell flowers around you
- 5) Journal - which skills of yours help you in crisis?, have you overcome tough times before?
- 6) Pamper yourself - oil your hair, hotshower



Follow routine and create a work space:-

- 1) Make a checklist and break your tasks throughout the day
- 2) Balance it between work and rest
- 3) Take help when needed and accountability
- 4) Give yourself incentive on completion and make tasks achievable
- 5) Make a corner just for your work distraction free
- 6) Set benchmarks for yourself and don't compare



Embrace Imperfections

Divya Mohindroo | Shanky Kumar

**"Our Healing Doesn't stop because
the world is in crisis"**



[@embrace_imperfections](#)

**WHAT IF INSTEAD OF BEING THE YEAR
THAT NOTHING HAPPENS, THIS WAS
THE YEAR THAT SO MUCH HAPPENS...
THAT YOU...**



Realise who and what is most important to you



Shift your priorities and let go of things that don't serve you



Have the time to focus on your mental and physical health



Realise the importance of slowing down and resting



Notice what relationships are important to you



Become more appreciative for what you have

Conclusion :-

- 1) Do not let what your circumstance in the pandemic is "make you feel less than". It's okay if you don't want to or if you can't turn this time into a retreat.
- 2) Utilise your day don't pass it
- 3) Recharge yourself and pay attention to your feelings
- 4) Me time will increase productivity and create balance
- 5) Ask yourself what will be the situation without the interpretation of my thoughts
- 6) Replace only if with even if



**Thank you for
joining us!**

WE HOPE TO SEE YOU AGAIN

